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## Postpartum Chiropractic Recommendations

Hooray! Congratulations on your new baby. There are many ways chiropractic and massage will help your body 'snap' back into its pre-baby shape and function. Our recommendations are based off of clinical experience and research. Our goal is to help you spend time with baby and not in our office!

### Home Recommendations

- First two weeks: Stay home with baby. Nurse/Feed, Eat, Sleep, Shower
  - No shopping, no laundry, no cooking
- Hydrate: Be sure to continue drinking about 100 oz of water daily
- Eat: Eat frequent, well-balanced foods, snacks
- Vitamins: Continue prenatal vitamins including Cal/Mg and Omegas while nursing
  - Start baby on Vitamin D (400-1000 units/day) especially if nursing
- Limit home visitors if you are feeling overwhelmed or unsure
  - Be very clear about how long they should stay, what you want help with
- Ask for help (ie. playdates for older siblings, food prep)
- Exercise: Follow up with your Chiropractor and Midwife or OB prior to exercise
  - Plan to begin with gentle stretching and walks with baby

### Chiropractic Recommendations

- First visit: 2 weeks postpartum
  - We check mom for any aches and pains related to labor/delivery/nursing, etc
  - Bring baby for a meet and greet and visual examination
- Chiropractic treatments once weekly for 4 weeks, tapering to every other week until fully immersed in regular fitness / home routine
- Resume chiropractic adjustments as needed (recommend every 4 weeks)
- 1-2 postpartum massages

Postpartum packages can be paid for in advance at the following discounted rate:

Patients who pay in advance receive the following discounts:

\* Package of 6 Chiropractic Treatments \$300 (\$50 each)

\* Package of 6 Massages \$450 (\$75 each)

10% off prenatal vitamins, infant and children's vitamins

*Standard Rates:*

*Chiropractic Exam Fee: \$70 (one-time fee)*

*Chiropractic Treatment: \$60*

*60 Minute Specialty Massage: \$85*